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Summary

Ergonomics in endoscopy: Can AI be helpful to prevent musculoskeletal problems

UEG Week Barcelona 2026 | Presentation

Nurses

October 18, 2026

The speaker presented on musculoskeletal injury burden in endoscopy teams and early-stage AI applications for ergonomic surveillance, reporting that over 80% of surveyed German GI endoscopists experience work-related musculoskeletal problems.

KEY POINTS

- A national German survey found at least 80% of GI endoscopists affected by musculoskeletal problems, with 10% leaving work due to these issues, 36% requiring treatment including physiotherapy or surgery, and 20% reducing their examination volume.
- The top three problem areas reported across European studies are the joints/fingers/hands, lower back, and neck, with a pooled prevalence over 60% among 88,000 endoscopists.
- The speaker's group developed an AI-based postural surveillance system called 'Poster Meister' that uses camera tracking to identify body landmarks (hip, shoulders, neck) and report posture during endoscopy without workflow interruption.
- Risk factors identified include number of examinations performed, time spent in endoscopy, total working hours, small hand size, and female sex.
- The speaker emphasized that ergonomic problems affect the entire endoscopy team, not only physicians, and recommended team-based approaches including adjustable monitor and bed heights and ergonomic team timeouts before procedures.
- A multicenter German study is underway testing 10-minute physical activation sessions during the working day for endoscopy teams.

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